

Drinking of Water

NEWS OF ILLINOIS

(BY V. M. PIERCE, M. D.)

The general conclusions of the latest Medical Science prove that drinking plenty of pure water both between meals and with one's meals is beneficial to health. It has now been proven by means of the X-rays and actual tests upon many healthy young men that the drinking of large amounts of water with meals is often beneficial. Therefore if you want to keep healthy drink plenty of pure water (not low water), both with your meals and between meals. If you ever suffer from backache, lumbago, rheumatism, or any of the symptoms of kidney trouble—such as deep colored urine, sediment in urine, getting out of bed at night frequently and other troublesome effects, take a little Anuric before meals. These Anuric Tablets can be obtained at almost any drug store.

Quincy, Ill.—"I am glad to tell what Dr. Pierce's Anuric has done for me; it is a fine remedy. I have been a great sufferer with my back and hip for years but Anuric did wonders for me. I have taken two 50c bottles of the tablets and tell everyone what a good medicine it is."—Mrs. Stella Steckdall, 644 Madison St.

Dr. Pierce's Pleasant Pellets are the original Little Liver Pills. These tiny, sugar-coated, anti-bilious granules—the smallest and the easiest to take. One little Pellet for a laxative—three for a cathartic.

Put up in sealed vials—a perfect vest-pocket remedy, always convenient.

For sale by druggists.—Adv.

Their Desire.

A motorist, journeying through the Rumpus ridge neighborhood, in Arkansas, encountered a group of Gap Johnson's children standing in the road some distance from their habitation. They yelled and waved as he approached, and then sprang out of the way when he did not halt. In front of their home he found Blister and Bearcat, two more of the Johnson olive branches, in the middle of the road.

They likewise yelled and waved as he approached. When he did not stop they sent a couple of stones crashing through his windshield, and then hopped nimbly out of the way. Naturally he halted abruptly.

"What time is it, mister?" they inquired. "Our clock has been busted for three weeks."—Kansas City Star.

Sudan grass yields from one to eight tons of cured hay an acre.

W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE"

\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00

Save Money by Wearing W. L. Douglas shoes. For sale by over 8000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart style and the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass. by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

W. L. Douglas \$3.00 \$3.50 & \$2.00
President W. L. Douglas Shoe Co., Brockton, Mass.



Why She Wanted It.

"Algy, I want you to buy me a book."

"I am glad you are becoming literary, my dear."

"Fudge! This article says one way to acquire a good carriage is to practice balancing a book on your head!"

—Louisville Courier-Journal.

Cause and Effect.

"I see shoes are going up."

"That's why the people are kicking."

North and South America together produce at present about 78 per cent of the world's copper supply.

IMITATION IS SINCEREST FLATTERY

but like counterfeit money the imitation has not the worth of the original. Insist on "La Creole" Hair Dressing—it's the original. Darkens your hair in the natural way, but contains no dye. Price \$1.00.—Adv.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

New York last May started 229 new buildings valued at \$96,247,305.

The first steel pipe were sold for about forty cents each.

A Complicated Reasoner.

"How are you going to vote this fall?"

"Going to vote the prohibition ticket," replied Uncle Bill Battletop.

"But the other parties are strong for killing of the demon rum."

"That's just the point. The prohibition party is about the only party that isn't liable to get pulled enough to put our township on the dry list."

Table Dainties from Sunny Climes

Libby's California Asparagus and Hawaiian Pineapple

From tropical Hawaii, home of the sweetest, most luscious pineapple, comes the one; and California, where the tenderest asparagus grows, supplies the other. The Libby care and cleanliness back of both is a warrant of a product that will please you.

Insist on Libby's at your grocer's.

Libby, McNeill & Libby, Chicago

Cold Reception.

"From the days of my childhood," said Sir Knight Stanzee, "I was ambitious to trend in nobility, and when I finally landed in among the stage scenery, I felt that I was really due."

"Well, how about it?" queried the great tragedian, Count DeTies.

"Alas, I was mistaken," continued the near actor. "Before I had played one consecutive night I discovered that instead of being due I was a frost."

In Norway there is being built a plant that will produce 4,000 tons of aluminum annually.

Japan has 2,146 merchant ships.

When You Follow The Trail Go Equipped With WINCHESTER Guns and Ammunition

Made for all kinds of shooting

W

DEFILE OF DANUBE

WHERE THE FAMOUS "IRON GATES" ARE SITUATED.

Series of Dangerous Bowlders That Constitute Menace to Navigation, Though Steamers Make Their Way Through Them.

The Iron Gates, the last great defile of the Danube in its course to the Black sea and the first point at which the Austrians launched an offensive against their new enemies, the Roumanians, is described in a bulletin issued by the National Geographic society:

"Contrary to the general belief of readers to whom the term 'Iron Gates of the Danube' is familiar, this famous defile of the chief waterway of Hungary, Roumania, Bulgaria and Serbia does not derive its name from precipitous walls of rock through which the waters dash in a narrow channel, as at the Kazan defile, but from the dangerous bowlders that fairly litter the river bed for a distance of nearly two miles, beginning at the once strongly fortified island of Ada Kaleh, which was captured by Hungary in 1878 and still is inhabited by a picturesque colony of 300 Turks. Opposite this island, on the left bank of the Danube and at the mouth of the inconspicuous Bachna river, which here forms the Hungarian-Roumanian boundary, is the attractive little Roumanian customs village of Verdocrova on the Budapest-Bucharest railway, 227 miles west of the latter city.

"It was not until 1890 that work was begun in a definite and comprehensive manner to rid the Iron Gates of some of its gravest dangers to navigation. In that year a Hungarian engineering company undertook the task of removing nearly a million and a quarter cubic yards of stone from the water-course. Eight years after the enterprise was inaugurated the canal which had been hewn from the solid rock on the Serbian side of the river was ready to be thrown open to the steamers which ply the Danube from Budapest to the Black sea. The canal was designed to provide a year-round channel ten feet deep whereas the original course of the river was navigable for more than nine months out of every twelve.

"The opening of the waterway was the occasion for a great celebration. In which three monarchs participated—Emperor Francis Joseph of Austria-Hungary, King Alexander of Serbia and King Carol (Charles I.) of Roumania. The festivities of the day were somewhat marred by the discovery that the current through the canal was so swift that while steamers could rush through it in their downward journey, they could not make the trip upward, so that the old river course had to be used for westward bound traffic.

"When the water is high the rocks of the Iron Gates are completely submerged, but they are only a few feet beneath the surface, and the boiling, churning waves present a terrifying sight to the timid passenger as his steamer fights its way to the culmer reaches in the vicinity of Orsova (pronounced Orshova), the first town in Hungarian territory, five miles above the rapids and a ten hours' journey by boat below Belgrade, the peace times capital of Serbia.

"Instead of the gloomy gorge which most travelers expect to find, the banks on each side of the Iron Gates present a beautiful picture of gently sloping hills, beautifully wooded. In the early summer these woods are a fairland of flowers, and the winds are fairly weighted with the fragrance of wild blossoms in countless variety, while a short distance from the river the huntsman finds deer, wild boar, bear and other game in abundance. Enhancing the charm of the scene are the songs of myriad birds, which make their home in the forests.

"As the river progresses eastward into Roumania the wooded hills disappear and are succeeded by barren sand ridges.

McClure's "Spirit Message."

It is fair to doubt the authenticity of spirit messages on the ground that the writers never seem to have learned anything valuable by their change from this world to the next. Would not the same test, applied to travelers who have left home for foreign lands, often result in a belief that they could hardly be in the place from which their messages were dated? Take the first case that comes to hand and apply the test. After being ten days in England, S. S. McClure says: "This war is going to be a struggle to the bitter end, with the strongest forces victorious. The side that is gradually pounded down until it weakens is the one that is going to lose." You have read messages from the spirit world with this. Yet you would not on that account be disposed to deny that Mr. McClure was in England, or that he was willing to adopt this strange method of communicating with his friends in the United States.—New Republic.

Water and Work.

"I heard a story the other day about the man who had always regarded water with opprobrium, but never knew the exact reason why," said Monte Seamon, manager of the Lyric. "The story goes that a tramp who had wandered all over the globe for a number of years, suddenly became imbued with a desire to learn how to read and write. He accordingly went about his studies in a very earnest manner and at the conclusion of a short time was able to read and write.

"After a time he resumed his habit of riding the bumpers, on top, the side door or any other place that was handy as a means of riding the trains without the use of money. He was thrown off the train at a way station the first day he resumed his travels. Upon looking up he saw a large sign in the distance which read 'Waterworks.' 'By George,' said the gentleman of leisure, 'now that I know how to read and write I realize why I always hated the darn stuff.'"

—Birmingham (Ala.) Age-Herald.

HELP FOR WORKING WOMEN

Some Have to Keep on Until They Almost Drop. How Mrs. Conley Got Help.

Here is a letter from a woman who had to work, but was too weak and suffered too much to continue. How she regained health:

Frankfort, Ky.—"I suffered so much with female weakness that I could not do my own work, had to hire it done. I heard so much about Lydia E. Pinkham's Vegetable Compound that I tried it. I took three bottles and I found it to be all you claim. Now I feel as well as ever I did and am able to do all my own work again. I recommend it to any woman suffering from female weakness. You may publish my letter if you wish."—Mrs. JAMES CONLEY, 516 St. Clair St., Frankfort, Ky.

No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism.

All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice. It will be confidential.

No Light Matter.

Both Germany and Russia are having serious difficulties in getting enough mules "to go around." Germany lacks the proper kind of wood, which formerly was imported from Russia. The czar's country, on the other hand, is in want of the necessary chemicals for match-making, which the Russians used to get from Germany.

COVETED BY ALL.

But possessed by few—a beautiful head of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

Electric railways of the United States represent a valuation of \$792,000,000.

Luck may be a good servant, but as a master his pay days are uncertain.

He is richest that hath fewest wants.

Nerves All On Edge?

Just as nerve wear is a cause of many weaknesses, so is kidney trouble a cause of nervousness. Anyone who has backache, nervousness, "blues," headaches, dizzy spells, urinary ills and a tired, worn feeling, would do well to try Doan's Kidney Pills. This safe, reliable remedy is recommended by thousands who have had relief from just such troubles.

A Missouri Case

Mrs. Herman Schaefer, 322 Manhattan Ave., St. Louis, Mo., says: "I suffered for years from kidney complaint. At times my back pained so badly, I couldn't do the least housework. I often became tired and exhausted, and that I felt down. My health was leaving me day by day, and I was in a miserable shape. After doctoring and trying medicines without benefit, I used Doan's Kidney Pills. They permanently cured me."

Get Doan's at Any Store, or by Mail from DOAN'S KIDNEY PILLS, POSTER-McLURE CO., BUFFALO, N. Y.

The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation. Millions are cured by them for Bilemness, Indigestion, Sick Headache, Sallow Skin.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Wm. Wood ECZEMA

"Eczema Cure" is guaranteed to relieve and permanently cure itching, burning, scaling, itching, and all other skin troubles. It is a compound for that purpose and four times as strong as any other. It is guaranteed without question. If it fails to cure you, we will refund your money. Write to Wm. Wood, 112 Broadway, New York City, for a free trial bottle.

For sale by all drug stores or by mail from the A. B. Richards Medicine Co., Sherman, Tex.

Every Woman Wants Partine

ANTISEPTIC POWDER

FOR PERSONAL HYGIENE.

Disinfects in water for chafes, stops public odors, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing powder for nasal catarrh, sore throat and sore eyes. Economical! It keeps the skin clean and prevents the growth of bacteria.

For sale by all drug stores or by mail from the A. B. Richards Medicine Co., Sherman, Tex.

BLACK LEG

LOSSES SUITLY PREVENTED BY CUTTER'S BLACKED PILLS

Write for booklet and sample of CUTTER'S BLACKED PILLS to CUTTER'S BLACKED PILLS, 112 Broadway, New York City.

For sale by all drug stores or by mail from the A. B. Richards Medicine Co., Sherman, Tex.

TEACH CHILDREN TO LIVE

Modern Schools Have Been Made Into Real Service Stations on Life's Highway.

At college I saw fortunes spent every autumn to teach football candidates how to elude opposing tackles, but not a cent to teach them how to elude tuberculosis, typhoid, pneumonia or cancer. We were required to dig out Latin roots and to unknit logarithmic gnarls, but there was not required course in intelligent living.

There was a perennial, concerted, rock-ribbed, steel-girt conspiracy of silence against the human body. The educational system frowned upon had taste in department, manners, language and literature, but had taste in life itself was quite the proper thing. It was deemed more important to know quadratic equations than the simple fact that to sleep healthily in a room where the sunbeams never enter is as suicidal as a nibble of cyanide, albeit somewhat slower.

Long before New York's public school children of today learn how to decline "auto" they are taught to decline indiscriminate kisses. Long before they learn how Gettysburg was fought, they learn how fire is fought. The toothbrush drill precedes the first spelling drill. They learn the intelligent way to sneeze or cough. Long before they take up the avenues of Caesar's entrance into Gaul they are instructed in the avenue of entrance of germs of bacilli into the human body. Gotham's tots learn the necessity of frequent airing of bedding, the proper cleaning of ice boxes, the curability of phthisis. No longer the pathetic spectacle of Alice in Wonderland. When Alice reaches the age of six and matriculates in New York's public schools she is now ushered at once into the wonderland of genuinely useful knowledge of her wisp of a body. And it begins to look as if the public schools of the future were to be a vast system of service stations on the highway of human life.—Newton A. Fuesille, in the Craftsman.

In the South Seas.

In a recent lecture before the Royal Geographic society, Mr. C. M. Woodford, former British resident commissioner of the Solomon Islands, described two islands that are seldom visited by white men. They are Rennell and Bellona Islands, which were discovered at the beginning of the last century. Steamers from Sydney to the Solomon Islands pass close to them, and sometimes between them, but trading vessels do not stop there, for the anchorage is poor. The natives, therefore, having nothing to sell, have been left to themselves, with the result that, although natives of islands only 100 miles away have advanced to the stage of sewing machines, gramophones and other articles of modern civilization, the natives of Rennell and Bellona, when Mr. Woodford visited them a few years ago, were eager for scraps of every sort, old nails, and especially fishhooks, and so little was known about the islands that even the native names for them had not been accurately determined. Immigration into the Pacific islands from Asia, far from having ceased, is at present going on at a rate probably greater than during the old Polynesian migrations. Mr. Woodford predicts that at no very distant date the whole of the Melanesian and Polynesian populations of the Pacific will be absorbed and merged into a race composed largely of Chinese and Japanese.

True Geniality.

There is always something to be learned from those we meet. To be genial does not mean to tell all of one's affairs to everyone. Nor does it include making intimate companions of everyone about him. It does mean to have kindness in one's heart to all the world, to have a desire to carry sunshine, to give warmth and brightness, to be constantly filled with the desire to make the world happier and better. It is not the great things of life that tend most to happiness. It is the little daily, almost unnoticed things that count most. No kindness in thought or deed is too small to do good to some one. If to no one else, at least in making one's own heart more tender it is worth while. And no one ever sees the last result of a kind act. Cultivate the genial spirit and you will be storing up happiness. Sowing seeds of kindness brings a sure harvest.

Women in Ancient Greece.

In Hellenic times, as in later Sparta, it is true, the wife had considerable freedom and respect; but even Homeric heroes gave away their daughters and scores of other women as bribes or prizes, each woman being reckoned, as in modern Zululand, at so many oxen or copper cauldrons.

In later Greece the noblest minds saw further. Plato proclaimed equal association for all women with men, and opportunity according to their physical strength. Aristotle defined marriage as a community of life as a whole.

The cry of Aristophanes for "Votes for Women" was only half mockery. No subsequent dramatist has analyzed the tragedy and ironic comedy of womanhood so subtly as Euripides—none, at least, until we come to Ibsen and Breuer.

Bad Teeth Wreck Homes.

Domestic infidelity is frequently caused directly by neglect of the teeth, according to C. C. Stillman, executive secretary of the United Charities of St. Paul.

"Our investigators have frequently found that the neglect of the teeth resulting in old roots growing into the jaw and becoming chronically painful have led to serious disagreements between man and wife."

Reasonable Surmise.

"We have a congressman who inspires respect everywhere he goes."

"How does he contrive to do that?"

"As soon as it becomes known that he has a private fortune of about \$15,000 people can't imagine any other reason for his wanting to hold down a job that pays \$7,500 a year so they conclude that he must be a patriot."



WRIGLEY'S

The Flavor Lasts!

Rosy cheeks, bright teeth, good appetites and digestions—yes, the reward for the regular use of Wrigley's is benefit as well as pleasure!

Sealed Tight—Kept Right

Write Wm. Wrigley Jr. Co., Chicago, for free copy of the Wrigley Gum-ption Book.

Private Seal—he guards the gum!

WRIGLEY'S SPEARMINT JUICY FRUIT

"Chew it after every meal!"

Lost Motion.

"Pa, where does the rain come from?"

"From the clouds, my son."

"And where do the clouds get it?"

"It rises in the form of vapor from the ocean and the lakes and rivers."

"Where does it go after it falls on the ground?"

"Eventually it gets back to the ocean."

"Well, why couldn't it stay in one place all the time and save all that trouble?"

To Drive Out Malaria And Build Up The System

Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteful form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

Therein Lay Danger.

A new arrival at a certain boarding house was a man who had taken part in a famous Arctic exploration, and at dinner time he often regaled the other boarders with stories of his adventures.

"Yes," he said, after one particularly thrilling description, "we were slowly starving to death. Just when things were at the last gasp one fellow had an idea; he cut up our boots and made soup of them, and—"

"Hush, hush!" hissed all the other boarders, anxiously. "Don't let the landlady hear you!"

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of **Dr. J. C. Fletchman** In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

The French colonies produce fully one-half of all the vanilla beans raised in the world.

The man who doesn't know a woman until after he marries her may regret the acquaintance.

Here is a better rubber boot than Father ever owned—it is a "HIPRESS"

WITH THE RED LINE 'ROUND THE TOP

Father wore black boots. So did you until about 3 years ago when Goodrich—after spending \$1,000,000—perfected "HIPRESS" Brown Boots, made the new way. This a Goodrich Auto Tire, out of tough new auto tire rubber. Dad's boots never wore half so long—neither do other makes even today compare with "HIPRESS" because a "HIPRESS" boot is one solid wear-resisting piece. All styles—\$8.00 dealers.

The ORIGINAL Brown Rubber Boots and Heavy Shoes

20,000,000 pairs sold without advertising—that's how good Goodrich "STRAIGHT-LINE" Rubbers are!

A fit for every foot

The rubber in them is tough, almost, as vulcanite. It wears twice as long as the rubber others use. And "STRAIGHT-LINES" fit snug, feel light and look neat. They are everything that a man, woman or child could desire—that is why 20,000,000 pairs were sold unadvertised—without advertising. At 20,000 stores.

Ask for **GOODRICH "STRAIGHT-LINE" RUBBER OVERSHOES** not just "rubbers"

The B. F. Goodrich Company, Akron, Ohio

Wholesale dist. of U.S.A. by the Goodrich Sales and Marketing Corporation, New York City